

THE PLAN

BUILD YOUR RUN SPEED

NEED TO SPEED UP FOR LATE-SEASON OLYMPIC- AND SPRINT-DISTANCE RACES? THEN LOOK NO FURTHER. THIS FOUR-WEEK PLAN WILL USE THE FITNESS YOU'VE BUILT ALREADY AND SHARPEN UP YOUR RUN SPEED

Week one

THIS WEEK IS ALL ABOUT INTRODUCING YOUR LEGS TO THIS NEW 'FAST RUNNING' FOCUSED TRAINING. THESE SESSIONS ARE KEPT SIMPLE, BUT ARE VERY EFFECTIVE IN ACHIEVING THE GOAL

Mon

Swim

Easy swim

Run

Head out the door and run at tempo for desired RP duration (i.e. if you're aiming for a 40mins 10km, run for 40mins)

COMMENTS

Tue

Bike

Steady bike

COMMENTS

Wed

Swim

Endurance swim

Run

Strength run. **W/U**: 10mins easy jog to a steep hill of around 2mins in length. **M/S**: 4 x 2min hill rep as fast as poss. Push hard, and rest between each effort. Jog down hill when ready and repeat. **W/D**: at least 15mins to shift lactate build up

COMMENTS

Thur

Bike

Intervals on the bike

COMMENTS

Fri

REST DAY

Sat

Swim

Open-water session

Run

Long run. Head out the door and keep it steady for up to 1hr 30mins depending on your race distance

COMMENTS

Sun

Bike

Long, steady bike ride

COMMENTS

Week two

THESE SESSIONS DEVELOP YOUR SPEED IN THE SESSIONS YOU'VE ALREADY BEEN DOING. WITH FARTLEK WORK AND THEN SPEED WORK AND RECOVERY, YOUR SPEED WILL START TO DEVELOP

Mon

Swim

Strength-based swim session

Run

Fartlek run session. **W/U**: 10mins easy running to get warm. **M/S**: 40mins as 8mins race pace / 2mins really easy / 6mins race pace / 4mins really easy / 4mins race pace / 6mins really easy / 2mins race pace / 8mins really easy. **W/D**: run home.

COMMENTS

Tue

Bike

Strength session on bike

COMMENTS

Wed

Swim

Endurance swim session

Run

Track session. **W/U**: 1600m jogging nice and easy. **M/S**: All run at desired race pace: 4 x 100m + 45secs rest / 4 x 200m + 45secs rest / 4 x 400m + 45secs rest / 4 x 200m + 45secs rest / 4 x 100m + 45secs rest. **W/D**: 10mins easy running

COMMENTS

Thur

Bike

Intervals on the bike

COMMENTS

Fri

REST DAY

Sat

Swim

Open-water swim session

Run

Long run (up to 1hr 30mins) depending on race distance. Include some block work in the middle section. Keep it easy with block work – 3 x 3mins as 1min build (slow to fast) / 1min at **RP** / 1min steady, with 2mins easy between efforts

COMMENTS

Sun

Bike

Long, steady bike ride

COMMENTS



IKES, this race season is nearly over and perhaps you feel you could squeeze just a little bit more out of that third discipline.

Running on tired legs is never a good feeling. You end up going slowly and feeling like you never hit that top speed you knew you were capable of at the beginning of the season. By following this simple yet effective four-week plan with three key sessions

of running per week, you'll be able to build on your current fitness and shave seconds off that run time.

You can't suddenly step up your run volume or intensity and keep it at that level—you'll get injured. But for just a few weeks, provided you have a good fitness base and no running injuries, you can speed up using our sharpening sessions.

Here's how to race your run rather than 'just get through it'.

Meet the expert

Doug Hall

Doug coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath



Week three

BUILDING STRENGTH, THIS WEEK WILL HELP BEAT THAT BURNING SENSATION IN YOUR LEGS, AND RUN QUICKLY AFTER. IT'LL HURT, BUT NOT AS MUCH AS IT'LL HURT OTHERS WHEN YOU FLY BY

Mon

Swim

Strength swim session

Run

Long reps. **W/U**: 10-15mins easy jog out to loop. **M/S**: find a 800m loop, on grass if poss (try a football pitch), 4 x 2 laps run just below RP + 60secs rest. Then 4 x 1 maintaining that pace + 60secs rest between each rep. **W/D**: 10mins easy run

COMMENTS

Tue

Bike

Hill reps on bike

COMMENTS

Wed

Swim

Endurance swim session

Run

Strength session. **W/U**: 10mins easy jogging. **M/S**: find a short steep hill with a flat or slight downhill over the top. 4 x 60secs at RP up hill then 60secs maintaining effort on the flat over the top. Jog down and repeat. **W/D**: 10mins easy jog

COMMENTS

Thur

Bike

Speed session on bike

COMMENTS

Fri

REST DAY

Sat

Run

Again, heading out the door for up to 1hr 30mins depending on your race distance. This time, pick a hilly route and run up hills as hard as you can, but use the downhills and flats as recovery

COMMENTS

Sun

Bike

Long, steady bike ride

COMMENTS

Week four

RECOVERY WEEK. EVEN THOUGH YOU'RE LOOKING TO GET FASTER, REDUCING THE VOLUME OF TRAINING WILL HELP. THE DURATION OF SESSIONS DECREASES, BUT THE INTENSITY STAYS UP

Mon

Swim

Endurance swim

Run

30mins tempo run, keep things uncomfortable but in control

COMMENTS

Tue

REST DAY

Wed

Run

Track session. **W/U**: 10mins easy shuffle around track. **M/S**: 10 x 200m RP / 200m easy jogging. Keep things rolling with no extra rest between reps. **W/D**: 10mins easy

COMMENTS

Thur

Swim

Speed session

COMMENTS

Fri

REST DAY

Sat

Run

Long run. Just keep it steady this week, up to 1hr

COMMENTS

Sun

Bike

Long steady bike ride

COMMENTS

Key

W/U: warm-up

M/S: main set

W/D: warm-down

RP: race pace